

Myocardial Infarction (Acute)

Nr.	Nursing Diagnosis	Date	Nursing Intervention/s and tasks	Sign.
	<p>Acute pain Related factors: Myocardial ischemia Coronary spasm Symptoms / Risk factors: Angina Nausea EKG changes Facial mask Guarding behavior Verbal or coded report Outcome / Goal: Patient appears relaxed and comfortable Patient verbalizes relief of pain</p>		<p>Pain Management Administer O2 as orderd Optimize the patient's comfort in bed Keep arm elevated on pillows while the patient in bed Instruct patient to relax and rest Analgesic Administration Administer medication (NTG,Morphin,Aspirin) as prescribet Obs. pain (effectivnes of medication)</p>	
	<p>Decreased cardiac output Related factors: Coronary occlusion Coronary spasm Altered afterload Altered preload Altered Stroke Volume Altered heart rate/rhythm Symptoms / Risk factors: Chest pain Altered Contractility ECG changes Cold/clammy skin Shortness of breath/dyspnea Elevated Enzymes Arrhythmias (tachycardia, bradycardia) Edema Outcome / Goal: Patient maintains optimum cardiac output Blood pressure level: _____ Breathing rate level _____ HR rate level _____ Oxygen saturation level: _____ Dry and warm skin Effortless breathing</p>		<p>Cardiac Care: Acute Administer O2 as prescribed and obs. oxygen saturation Document cardiac dysrhythmias Evaluate chest pain (e.g., intensity, location, radiation and duration) In case of pain obs. changes in ECG Monitor ECG continuously for dysrhythmias Maintain bed rest Anticipate treatment by PTCA Anticipate treatment by CABG surgery</p>	
	<p>Activity intolerance Related factors: Fear and pain Bed rest or immobility Generalized weakness Imbalance between oxygen supply/demand Symptoms / Risk factors: Verbal report of pain Verbal report of fatigue or weakness Abnormal heart rate or blood pressure response to activity Exertional discomfort or dyspnea Inability to perform ADLs Outcome / Goal: Patient maintains activity level within capabilites</p>		<p>Teaching: Prescribed Activity/Exercise Encourage activity as tolerated, rest as needed Assist patient in performing self-care activities Obs. symptoms(comfort,vital sign and skin color) of patients activity</p>	

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	<p>Anxiety Related factors: Health status Environment Threat to or change in Health status Threat to self concept Symptoms / Risk factors: Anxious Blocking of thought Confusion Difficulty concentrating Restlessness Outcome / Goal: Will experience a reduction in anxiety Verbalize awareness of feelings of anxiety Demonstrate problem-solving skills.</p>		<p>Anxiety reduction Assess reasons for anxiety Explain all procedure as appropriate Spend time talking with patient. Allow to express feelings Administer medications as ordered and monitor for side effects, effectiveness. Environmental Management Adjust environment to promote patients comfort Reduce unnecessary externa stimuli</p>	
	<p>Deficient knowledge Related factors: Cognitive limitation Unfamiliarity with disease and treatment Unfamiliarity with information resources Lack of recall Symptoms / Risk factors: Inaccurate follow through of instruction Increase in anxiety level Multiple questions Verbalization of the problem Outcome / Goal: Patient verbalize understanding of disease and procedure</p>		<p>Discharge Planning Ascertain that patient has follow-up care arranged at discharge Discuss with physician the discharge plan and obtain orders if needed Involve the patient/family in the discharge process Dscharge planned _____ Contact appropraite personnel with orders</p>	
	<p>Interrupted family processes Related factors: Developmental transition and/or crisis Family roles shift Shift in health status of a family member Symptoms / Risk factors: Changes in assigned tasks Changes in availability for emotional support Changes in effectiveness in completing assigned tasks Outcome / Goal: Family wil begin to express feelings freely and appropriatel Help family recognize needs of all memebers</p>		<p>Family Support Answer all questions of family members or assist them to get answers Accept the family's values in a nonjudgmental manner Determine the psychological burden of prognosis for family</p>	